

### Physical Fitness Test scoring

Officer candidates will take a PFT at OCS prior to the start of training. Once inducted into training, candidates will take the PFT again prior to graduating OCS. Officer candidates must meet a minimum score of 225 to begin training while also meeting each of the following minimum requirements:

Male candidates: 8 pull-ups, 70 crunches, 24:00 3-mile run

Female candidates: 50 s flexed-arm hang, 70 crunches, 27:00 3-mile run

Obtaining the minimum requirements in all three areas will not satisfy the requirement to earn 225 total points. [This is a link to the U.S. Marine Corps PFT scoring table.](#)

Your physical preparation is an essential part for your chances of success here at Officer Candidates School. In order for you to facilitate your readiness, we have produced a simple list of things you should do and a list of things you should not do.

#### Candidate Physical Fitness Things you should do:

- Bring any prescribed orthotics with you to OCS.
- If you have history of ankle sprains, bring comfortable ankle braces with you. These will be checked by medical staff on arrival during medical screening.
- Disclose all previous injuries to the medical staff.
- See a reputable running store for correct running shoes for your foot type and running style.
- Bring suitable running shoes that are ideally less than three months old.
- Introduce your feet to wearing boots through slow walks and runs. Slow runs in boots should be no longer than 3 miles.

#### Things you should NOT do:

- Do not think that you can get in shape at OCS. Failure to prepare is preparation for failure and you are far more likely to become injured if you have not physically prepared in advance.
- Do not arrive with an injury, particularly to your lower limbs or joints.
- Do not arrive at OCS overweight or with a high body fat percentage (>18% males, >26% females). This will be checked at OCS via the circumference method (taping neck, waist, hips).